

# "A Local Collaboration Addressing Health Risk"



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The Delaware General Health District operates in accordance with Title VI of the Civil Right Act of 1964.

# Land Use Planning Partnership

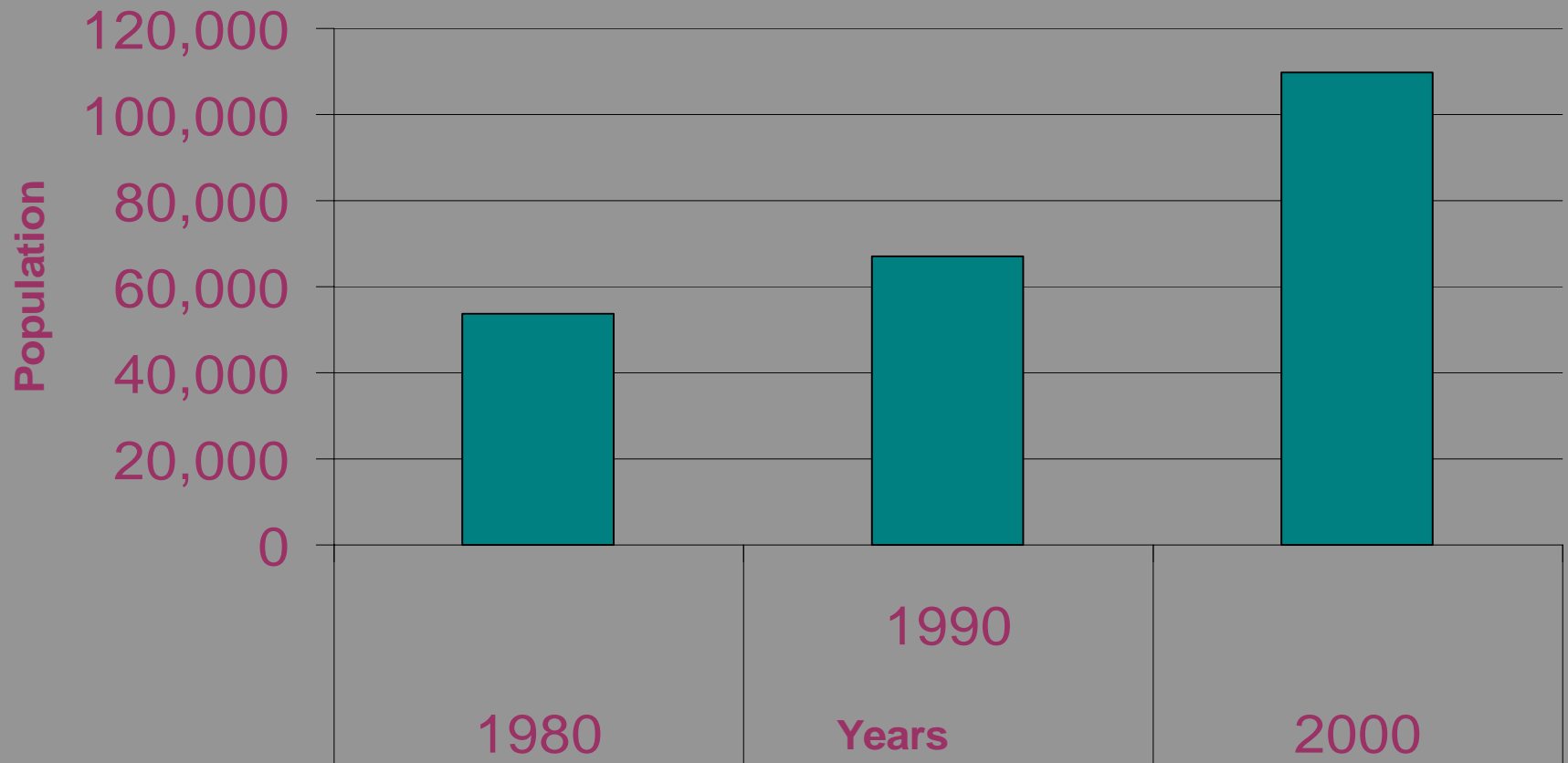
- Delaware County, Ohio
  - Strategies and Success

The director of CDC's National Center for Environmental Health, Richard Jackson, MD, MPH in the preface to the monograph *Creating a Healthy Environment* (2001), stated:

"We must be alert to the health benefits, including less stress, lower blood pressure, and overall improved physical and mental health, that can result when people live and work in accessible, safe, well-designed, thoughtful structures and landscapes."

# Delaware County Demographics

## Delaware County Population Growth Trend



Source: Census 2000

# Land Use Planning Committees

- PACE-EH: Protocol for Assessing Community Excellence-EH
- 20/20 Committee of Delaware County
- Delaware County Growth Summit
  - All of these collaborations are dealing with the residents concerns of county development, urban sprawl, loss of green space and loss of farmland preservation

# Elements of Success

- Foundation of partnership was established
- Political involvement from the beginning
- Continuous media recognition

# PACE Newsletter

## Healthy Delaware

Community Assessment Process

Issue #4 October 1998

### Top Twenty Environmental Issues Identified



In September, PACE-EH finished the first phase of the process with the identification of the top 20 environmental issues of concern in Delaware County. You will remember from previous newsletters that we started out in June with 465 issues gathered throughout the County. It took the PACE-EH Issues Analysis Sub-Committee a great deal of discussion and evaluation to narrow the list down to 20 issues. The final list was decided by consensus and it incorporates 95% of the environmental issues most frequently mentioned by the community.

#### Top environmental issues (not in ranked order)

- Ground water pollution (well pollution)
- Transport of hazardous chemicals
- Indoor air quality (lead, asbestos, molds)
- Lack of environmental and ecosystems education
- Animal control, both wildlife and domestic (population growth, rabies)
- County development, zoning, annexation and planning out of control
- Safety of public drinking water quality/quantity
- Household hazardous waste disposal
- Loss of green spaces, wildlife habitat, need for parks and historical site preservation
- Lack of environmental enforcement (State, Federal, Local)
- Lack of recycling opportunities
- Loss of farmlands and rural character to development
- Home sewage treatment and disposal
- Noise pollution
- Outdoor air quality (automobile pollution, factory emissions, sewage plants, farm odors)
- Possible health effects of residential and agricultural chemicals

- Solid waste - trash and litter in public and natural areas
- Surface water pollution from sewage systems
- Dangers of unsafe/abandoned properties
- Water pollution from run off of factories and agricultural sources

#### Next Steps

Phase II of PACE-EH will start with a workshop organized by the Health Department with help from the Green Mountain Institute on October 2. In the workshop, the newly organized Issues Ranking Sub-Committee will learn about techniques for ranking the environmental issues. Prior to ranking, the Sub-Committee will be developing community standards and indicators to measure the current status of each issue. Environmental and health data on issues will be collected and used in the ranking process. It is the objective of the PACE-EH Committee to rank the top five environmental issues of concern in the County and start forming new Sub-Committees to address them immediately. In the future, all 20 issues will be addressed.

In order to further increase community participation and develop an initial ranking of the issues, the Health Department prepared a computerized survey in which visitors to the booth at the County Fair could select their top environmental issues. We received over 200 responses. Also, every resident of the community will be receiving a survey in the Community Newsletter to help us rank the 20 issues based on their perceptions of risk.

#### Congratulations!

#### Good News!

Last month Paul Rosile attended a NACCHO Conference in Saint Louis to discuss the progress of our PACE-EH process and found out that Delaware is one of the most advanced of the ten pilot sites. The community outreach of our Delaware project was highlighted. Thanks a bunch to everyone involved and let's keep up the good work.

# Community Newsletters

## *PACING Delaware County*

**"Vacant buildings—it's a bad sign of a decaying community..."**

**Delaware Focus Group**

**"WE NEED TO (ENVIRONMENTALLY) EDUCATE CHILDREN FOR THE LONG RUN..."**

**ASHLEY FOCUS GROUP**

**"The uncontrolled animal population in Delaware County..."**

**Genoa Focus Group**

**"Preserving natural environments..."**

**Ostrander Focus Group**

**"Overdevelopment of land, house density, goes back to zoning..."**

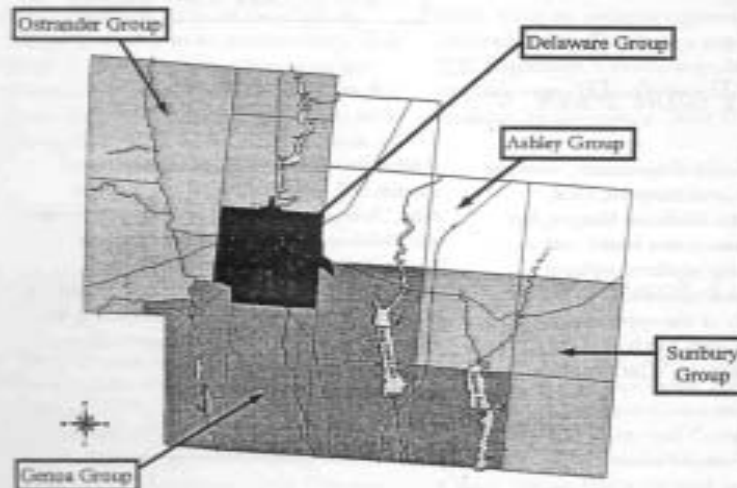
**Sunbury Focus Group**



**PACE - EH**

*We're listening to you.*

## *5 Focus Group Areas*



*What environmental issues are important to you?  
Fill out the enclosed survey to let us know.*

**PACE - EH  
Top 20 Issues  
(Not in rank order.)**

- Trash & litter in public areas
- Need more parks, green space
- Lack of environmental education
- Development out of control
- Household hazardous waste disposal
- Lack of environmental enforcement
- Stream pollution — factories & farms
- Stream pollution — septic systems
- Need for better animal control
- Underground water pollution
- Outdoor air pollution
- Loss of farmland
- Drinking water pollution
- Health effects of chemicals
- Septic systems not working
- Indoor air pollution
- Noise pollution
- Transport of hazardous chemicals
- Unsafe / abandoned properties
- Lack of recycling opportunities

# Media Coverage

## Health department seeks views on environment

By T.G. FARAHAY  
Gazette reporter

The Delaware Health Department began taking the county's "temperature" this week to assess how residents feel about the area's environmental health.

The study is focusing first on public outreach, trying to learn what environmental health issues weigh most heavily on the collective public mind. The health department already

deals with known health threats. They now want to know what the public perceives as problems and work on correcting them, too.

Assistant Health Commissioner Paul Rosile appeared this week at a Berlin Township trustee meeting to begin the process, asking the trustees, the audience (including the press), and the Berlin 4-H'ers, who were in a neighboring room, what concerns them most about the

Delaware County environment.

Clean water and litter problems seemed to be on everyone's list.

"I would like to know what is in the water at Alum Creek," said a concerned 4-H'er. "We swim and fish there all the time."

The audience agreed, ticking off a sundry list of perceived concerns about waterways:

- Are we being inundated with herbicides and fertilizer runoff from

farm fields?

- Are industrial wastes and chemicals being dumped?

- How does runoff from new housing or commercial developments affect the water supply.

- Do septic systems and leach beds leak into groundwater or streams?

Litter concerns ranged from dumping tires, vehicle batteries, broken appliances, or just plain old trash

in parks or along roadways, to the trash left by Polaris concert goers.

Respondents suggested litter problems could be solved with more education about how it affects both health and wallets. Some seemed skeptical that littering, especially involving hard-to-dispose items, would ever be halted.

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Please see HEALTH, Page 3

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# PACE-EH

- Community survey conducted in 1998
  - Focus Groups, Facilitated Discussions, Key Informant Interviews
  - Focus groups identified solutions
    - Master Growth Plan for development
    - Enforcement of Government Regulations
    - Continuous monitoring
    - Accessibility
    - Public Awareness
    - Education
    - Personal Responsibility

# Top Environmental Concern

- County Growth and Developmet
  - Loss of Farmland, green space and natural resources from rapid county growth

# Coalition Benefits

- Identify health risk in the community and reduce risk
- Better deployment of governmental resources
- Mobilize community
- Well informed public
- Building community support
- Improve health status of the community
- Assessment of resources available
- Identify anchors in the community
- Develop a “sense of community”

# County Growth and Development - Phase I

- Need for More Green Space- "To promote health and well-being of our residents"
- Committee Consisted of:
  - Elected Officials
  - Regional Planning, City Planning
  - County and City Parks Directors
  - GIS Consultants
  - Realtor
  - Zoning Officials

# Development Committee's, Objectives, Roles

- Promoted Smart Growth Principles
  - Regional Planning Principles-conservation development subdivisions
- Reviewed countywide ordinance of parkland dedication zoning ordinance
- Reviewed countywide impact fees
- Developed resources & inventories
- Provided health and mortality data

*Example:*

# Conservation Subdivision Design





# Brochure

For more information on Delaware County Parks you can contact the Delaware General Health District at the number below for a parks brochure.

You can also visit the web sites below:

Preservation Parks of Delaware County  
[www.preservationparks.com](http://www.preservationparks.com)

Delaware City Recreation Services  
<http://www.delawareohio.net/recreation.html>

City of Powell Parks & Recreation  
<http://www.ci.powell.oh.us/parksandrecreation.asp>

Columbus Metro Parks  
[www.metro.parks.net](http://www.metro.parks.net)

Liberty Township Parks Department  
<http://www.libertytwp.org/parks.htm>

Orange Township Parks Department  
<http://www.orangeohio.org/PARKS/tpaparks.htm>



**Delaware General Health District**

*Dedicated to your health.*

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Full Moon Walk  
At Hogback Ridge Nature Preserve

## Discover the Benefits of Delaware County Parks



Water Fun  
At Highbanks Metro Park

### Utilizing Parks Is Important Because

Parks serve as a way to help protect and conserve our natural environment for generation to come:  
"Protecting the environment is one of the greatest challenges facing the world today. Our economic and social well-being depends on a healthy natural environment."  
-EPA/Cumulative Parks and Wildlife Services

Parks provide a venue for physical activity, a chance to explore nature, a place for social gathering, green spaces in our communities, and are a haven for wildlife.

Parks give everyone a place to strengthen their bodies, broaden their minds, and to learn about their natural heritage!

Recreation activities allow people to share cultural and ethnic difference in a non-threatening environment.

Green space can help increase/maintain property values:

"There is no greater risk to land values than unrestrained development."

-Real Estate Research Corporation

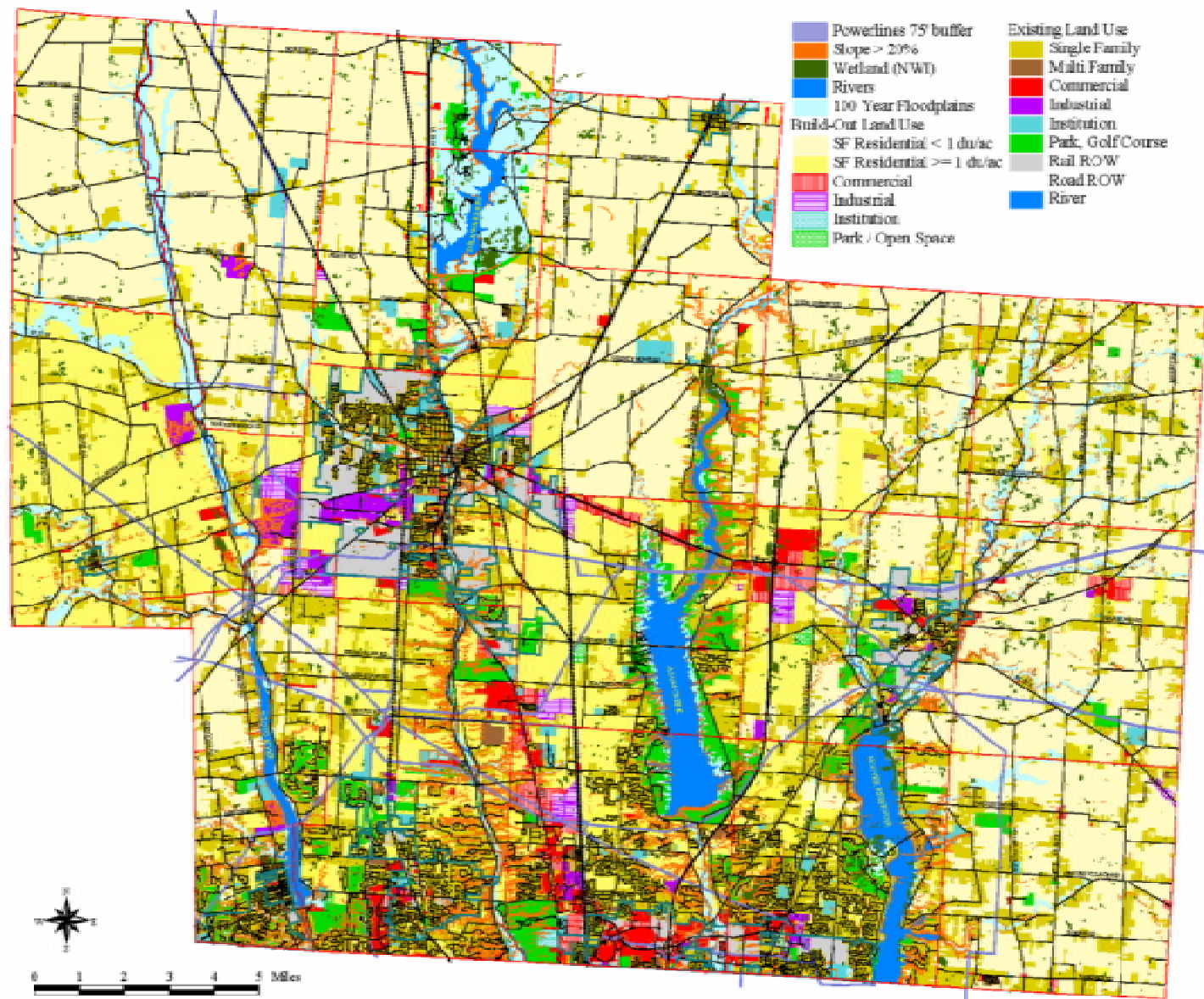
According to the U.S. Department of Health and Human Services regular exercise can:  
Help reduce the risk for heart disease, diabetes, high blood pressure, colon cancer, breast cancer, depression, and anxiety. While helping maintain healthy weight, bones, muscles, and joints.

The CDC estimated in 2002: Increasing regular moderate physical activity among the more than 88 million inactive Americans over the age of 15 years might reduce the annual national direct medical costs by as much as \$76.6 billion.

# GIS Parks Map










### Map 2d: Build-out Land Use Map

This map displays the potential build-out by land use, using the Original Density Map population figures. Map 2d displays the potential development capacity of each parcel in Delaware County based on those densities that are recommended by locally adopted Comprehensive Plans. If a Plan is not currently adopted, then the parcel densities were taken from existing zoning densities or comments from elected officials for the purpose of this plan.

# Monthly Calendar

## September 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 * Labor Day 5K * Mount Carmel Fitness Challenge	2 SELBY RIDE 	3 SUNBURY RIDE	4 MINGO RIDE	5 "Nature Tales"	6 * Carol Wolff Memorial Run for Leukemia "It's Been A Hummer Summer"
7 * Jack Rabbit 5K * LMP Hemisphere Adventure Race	8 Yoga your problems away!	9 SELBY RIDE	10 SUNBURY RIDE	11 MINGO RIDE	12 FULL MOON HIKE 	13 * Enzweiler Multi-Miler
14 * Summa Tri/ Duathlon * Surf the Turf	15 "Happiness is a perfume you cannot pour on others without getting a few drops on yourself" <i>Ralph Waldo Emerson</i>	16 SELBY RIDE	17 SUNBURY RIDE	18 MINGO RIDE	19 Do your stretches!	20 * Deer Creek Pine-man * Loveland Run For The Arts
21 * Lordstown Apple Cider Festival * State-to-State 1/2 Marathon & 5K	22 Don't forget to eat your breakfast! 	23 SELBY RIDE Preschool Packers "Amazing Monarchs!"	24 SUNBURY RIDE	25 MINGO RIDE Homeschool Trackers "Monarchs Rule!"	26 "The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach" <i>Benjamin Adage</i>	27 * Dirt Aquaman * Firestone Fall Classic
28 "Creekin at Blues Creek!"	29 Breathe!	30 SELBY RIDE				

Please see REVERSE for additional details. Thank you!



**Delaware General  
Health District**



**Delaware County  
Activity Calendar**

3 West Winter Street  
P.O. Box 570  
Delaware, Ohio 43015  
Phone: 740 368 1700  
Fax: 740 203 2003

Email: [kkimber@rohoio.com](mailto:kkimber@rohoio.com)  
Web Address: [www.health.co.delaware.oh.us](http://www.health.co.delaware.oh.us)

# Delaware Area Walking Group (DAWG)



# DEEP

## Eagle Watch Night and School Appreciation





# Active for Life



# National Walk to School Day

Oct. 4-8, 2004

To enhance the  
health of kids

Increased physical

activity can combat a host of health problems.

To improve air quality and the environment

Replacing car trips to school with walking or bicycling can help reduce air pollution.

To create safer routes for walking and bicycling

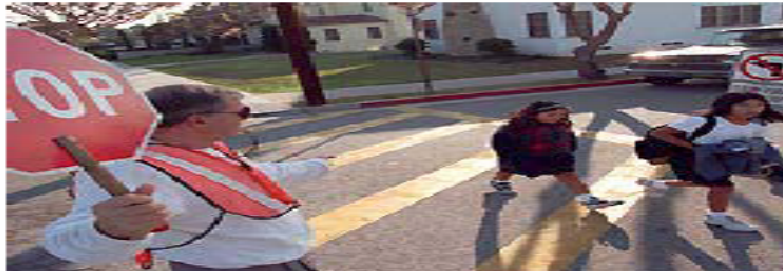
Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions.



## Trek to school not like it used to be

By Martha T. Moore, USA TODAY

ORANGE TOWNSHIP, Ohio — Tyler Grathwol, 5, can see a glimpse of his house from the front door of Oak Creek Elementary, where he is in first grade. It's just around the corner. But his mom, Dawn, fears for his safety if he walks. So she drives him on her way to work.



Only a third of students who live within a mile of school walk today, compared with 87% in 1969.

AP file

When Oak Creek participated in the nationwide Walk to School Day on Oct. 6, more than half of the school's 670 students joined in. But on a typical day, just 60 to 70 children walk to school. The rest ride the bus or are driven by parents.

This school in a fast-growing suburb north of Columbus is typical. More than 85% of American children do not walk to school regularly, according to the federal National Household Travel Survey.

One reason is just 20% of students live within a mile of school, compared with 35% in 1969, according to the Centers for Disease Control and Prevention (CDC). Only a third of those who live within a mile of school walk today, compared with 87% in 1969.

It's a generational change that has considerable implications: American children don't get enough exercise, and too many are overweight. All those cars dropping kids at school contribute to traffic congestion and air pollution. And busing costs school districts money they sometimes don't have.

Students don't walk for a variety of reasons. Parents fear for their child's safety, whether from heavy traffic or possible abductions. Schools are often too far on the outskirts of town or far from the subdivision instead of in the neighborhood. Parents who work and don't have time to walk their children to school like knowing their kids are safely delivered by car or supervised on the bus.

# Delaware Fitness Challenge





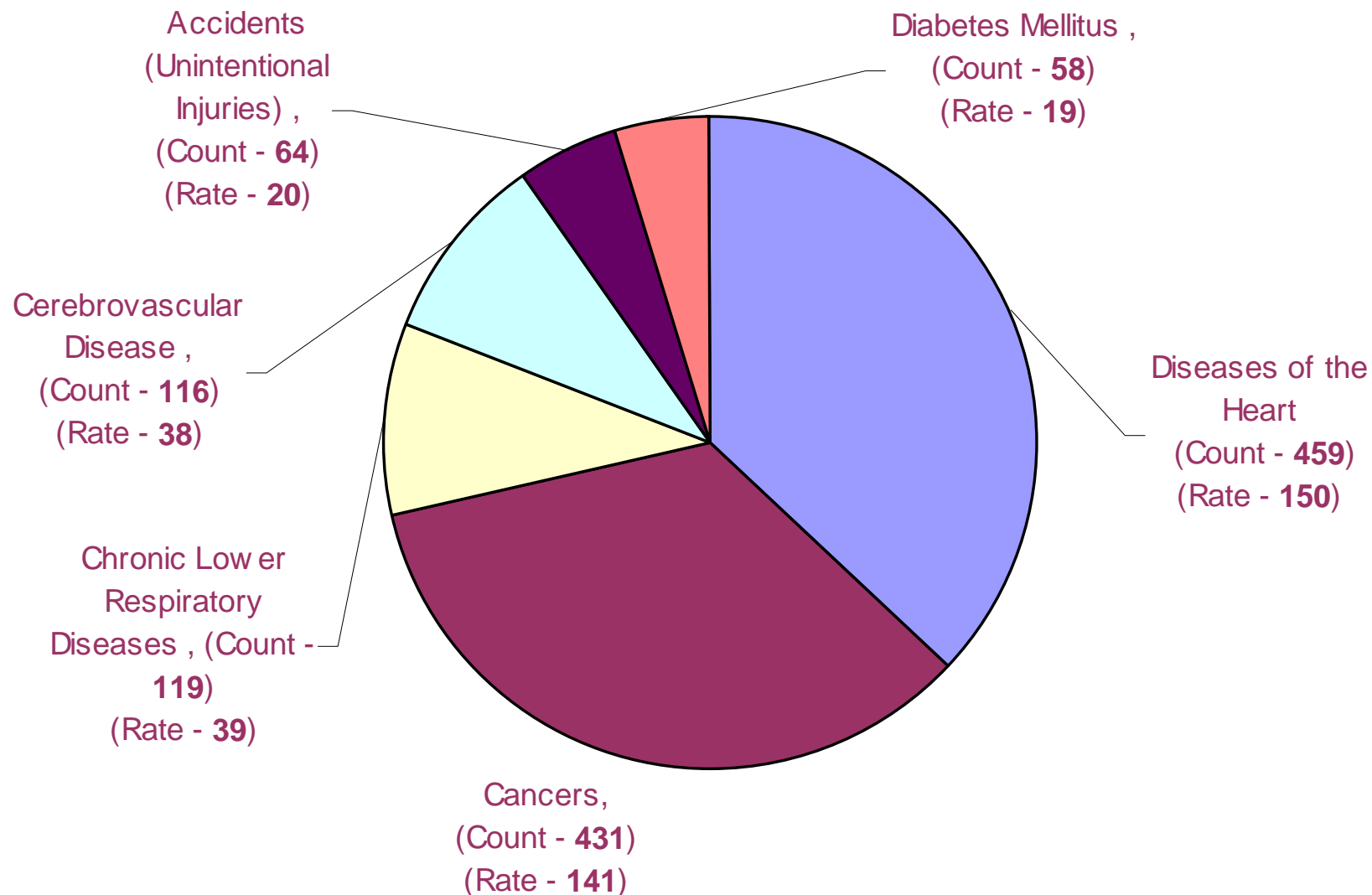
# Bike and Hike



# Data Sources

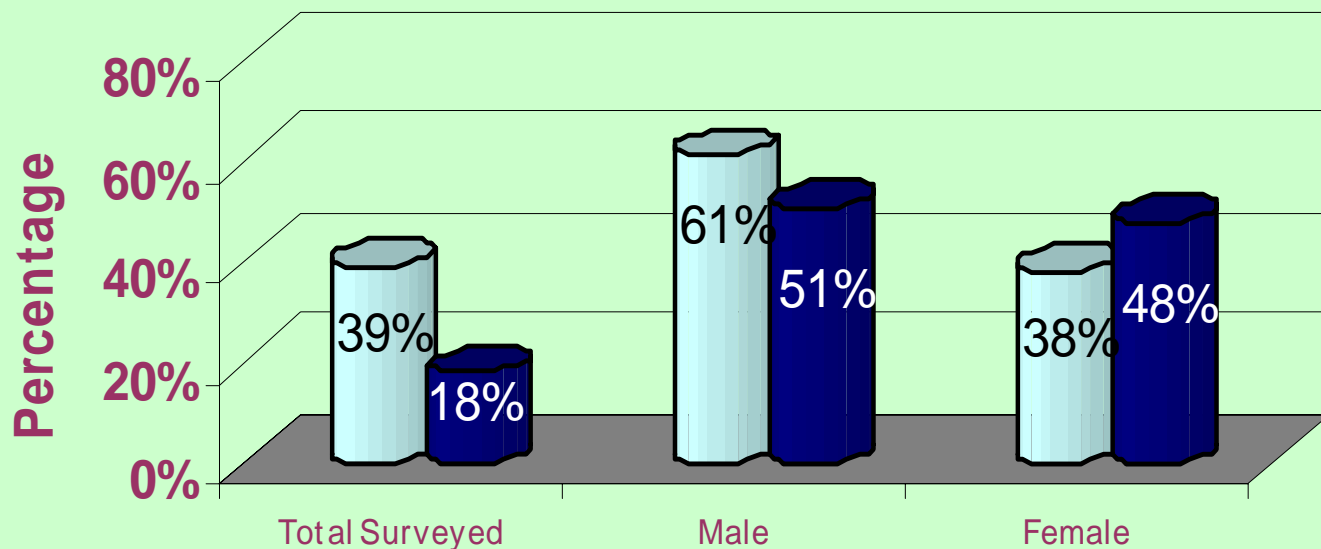
- County health data
  - BRFSS, CDC
    - 1067 surveyed
  - BMI Index for student population
    - 2718 students surveyed

# 1998-2000 Leading Causes of Death in Delaware County.



CDC estimates that \$75 B is spent in medical care for obesity.

**Delaware County 2002 BRFSS Survey**  
**Percent Area Residents Overweight & Obese**

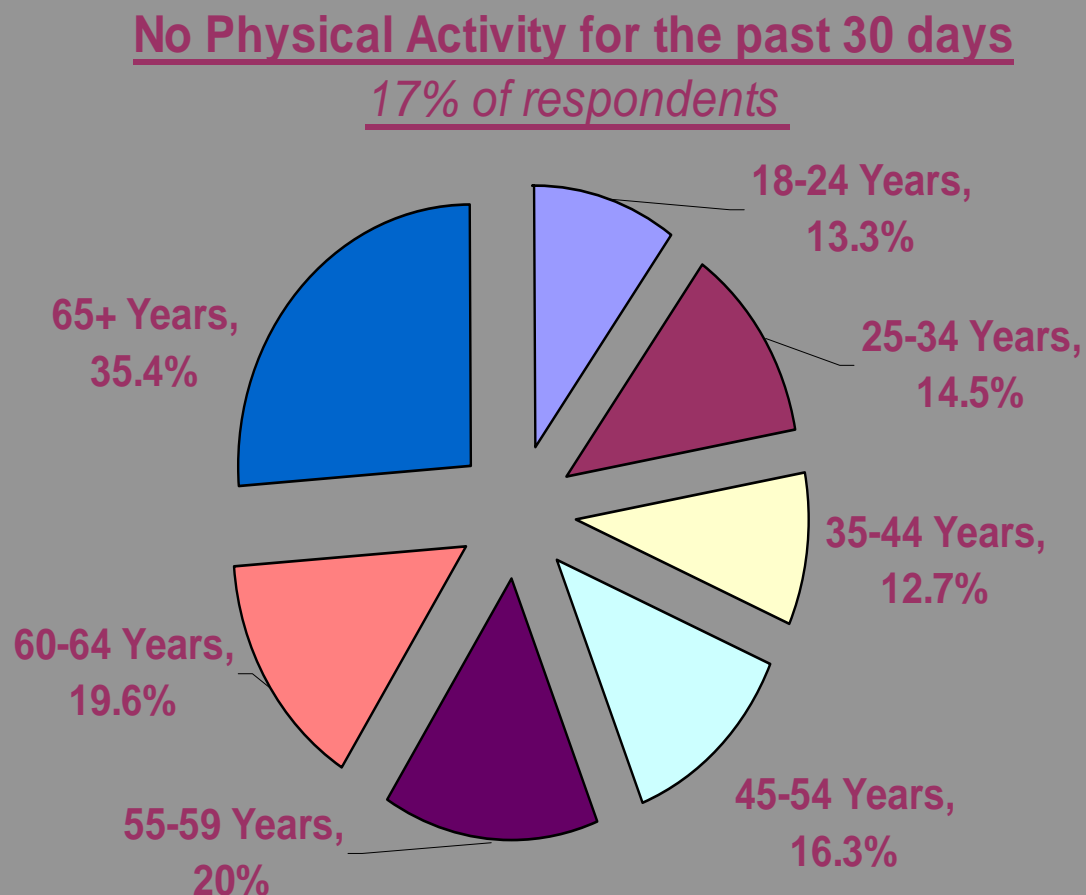


□ Overweight

■ Obese

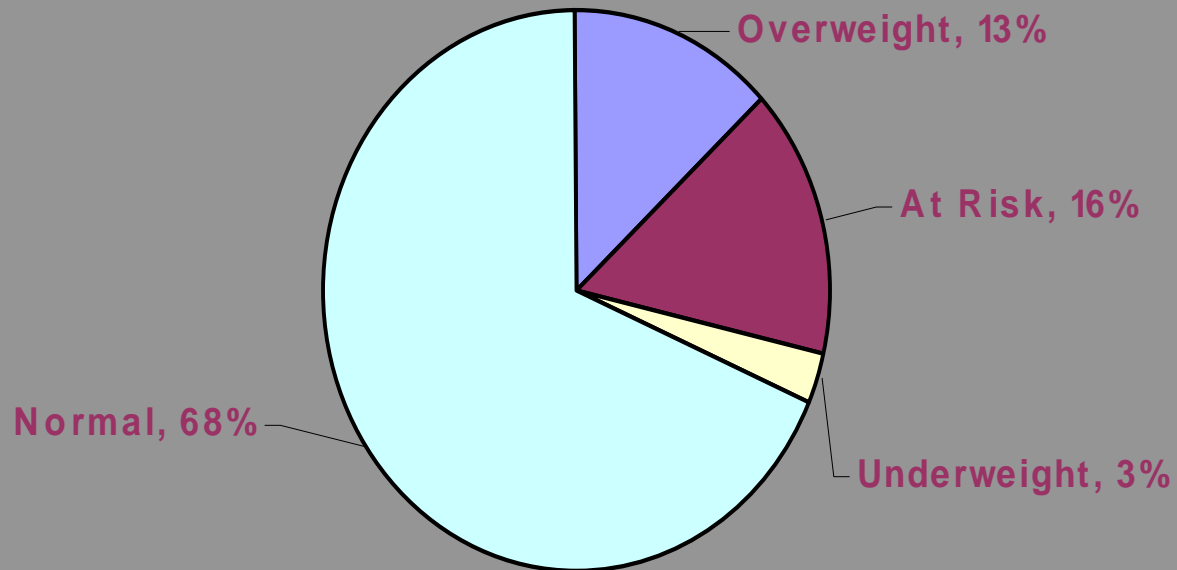
No Physical Activity in the last 30 days, 17%

CDC estimates 28% of the adult population have no physical activity.



## Delaware Schools, BMI, 2002

### Delaware School Students BMI 2002



Total 2718 students from 12 schools were measured for height and weight.

# Results to date

- Park levy passed
- Additional parks have been developed
- Grant dollars received
- Park connectivity plan being coordinated
- Increased park usage
- Increased physical activity
- Planning community networking and collaboration established

# Phase II - Assessment, Planning, and Support Data

- Health Assessment- address sprawl

- <http://www.hiagateway.org.uk/>

## [Resources/toolkits/toolkits.asp\(HIA\)](#)

- Project will:

- Describe the current status of land use
- Identify major health problems and
- assets
- Outline strategies for improvement

- Data: EPA Health Indicators

<http://www.epa.gov/indicators/roe/index.ht>

- Greenways Plan-develop master plan





# Promotion of Sustainable Development and Sound Land Use

- Many residents now acknowledge that the quality of life and character of their communities are under pressure from suburban sprawl and unplanned development. Greenways present a significant opportunity to guide land use to help ensure that as communities grow, protected green space and recreational opportunities are built into their futures. Further, greenways are a redevelopment tool to help to "green" brownfields and urban areas.

# Protection of Natural Resources

- Greenways provide opportunities to protect and manage wildlife, forests and ecological systems. Greenways can become corridors connecting natural areas, making it possible for more varieties of plants to grow and for wildlife to access water and food by traveling along the greenway. There are many environmental benefits associated with creating greenways to protect natural resources. Air quality is improved by preserving trees that produce oxygen, water quality is protected and noise and thermal pollution are reduced.

# Fostering of Public Recreation, Health, and Fitness

- Greenways provide recreation opportunities for families and individuals of all ages and abilities and are a core component of strategies to foster health and wellness - especially as our population ages. Greenways not only provide green surroundings, but also offer the public fitness opportunities. They allow people safe, accessible, attractive, and low or no cost places to bike, walk, run, hike or in-line skate. Greenways provide transportation options, alternatives to the automobile and a chance to be physically active.

# Provision of Alternative Transportation

- Greenways create links and connections in places that would otherwise be reached only through automobile use. Often greenways create alternative means to travel between residential and shopping districts, and make connections to other recreational facilities and larger green spaces. These links create a sophisticated transportation system that reduces traffic congestion and encourages people to use alternative means of transportation like walking, bicycling and running. Greenways can be used as one way to harmonize various means of transportation and interweave the interaction of pedestrians and automobiles.

# Building Partnerships

- Greenways enhance the sense of place in a community or region. Greenways have many stakeholders and beneficiaries. The planning and development of greenways naturally lead to the formation of broad-based partnerships, bringing together civic groups, regional planners, community leaders, educators, business owners and others. The partnership approach not only provides resources but also builds public support or "community capital" and consensus for more greenways investment.

# Community Greenways Plan

- Chaired by County Commissioners
- Stakeholders will be invited to form task force
- Identify the lack of greenspace issues
- Identify the greenspace solutions
- Form subcommittees
- Subcommittee invested in solving the issues

# THE NATIONAL INSTITUTE OF ENVIRONMENTAL HEALTH SCIENCES and CDC

## Built Environment Specific:

**EHP Online:** [Built Environment](http://ehp.niehs.nih.gov/topic/built.html)

<http://ehp.niehs.nih.gov/topic/built.html>

**NIEHS Currently Funded Projects:** [Physical Exposures: Built Environment](http://www.niehs.nih.gov/translat/hd/priorities.htm#builtenv)

<http://www.niehs.nih.gov/translat/hd/priorities.htm#builtenv>

**CDC:** [Designing & Building Healthy Places](http://www.cdc.gov/healthyplaces/)

<http://www.cdc.gov/healthyplaces/>

**NIEHS Publication:** [Obesity and the Environment: Initiatives of the National Institute of Environmental Health Sciences](http://www.niehs.nih.gov/oc/factsheets/obesity.htm)

<http://www.niehs.nih.gov/oc/factsheets/obesity.htm>

# Conservation Solutions

- **Trust funds**
  - The Trust for Public Land: [www.tpl.org](http://www.tpl.org)
  - Smart Growth: [WWW.smartgrowth.org](http://WWW.smartgrowth.org)
  - EPA's, Improving Air Quality Through Land Use Activities: [www.epa.gov](http://www.epa.gov)
- **Conservation Easements & Land Purchases**  
[http://www.plannersweb.com/sprawl/solutions\\_sub\\_conserve.html](http://www.plannersweb.com/sprawl/solutions_sub_conserve.html)  
Brownfields: [WWW.EPA.gov](http://WWW.EPA.gov)
- **Transfer of Development Rights**  
[http://www.plannersweb.com/sprawl/solutions\\_sub\\_tdr.html](http://www.plannersweb.com/sprawl/solutions_sub_tdr.html)  
Grants: <http://www.nextstep.state.mn.us/resources.cfm?type=Grant/loan>



# Data Collection

- Traffic Crashes, fatalities and locations
- Walking-plotted in relations to sideways
- Pedestrian injuries and fatalities (bicycle)
- Surface water quality-watersheds
- Noise-influence zoning
- Land use planning-provide “trends”
- Air Quality
- Qualitative data-lack of safe paths, high stress from driving in certain intersections

# Community Benefits

- Improving the health risk
- Elected officials involvement
- Grant funding through a coalition
- Collection and organizing data
  - Learning new technology-GIS/GPS
- Developing new technical skills
  - Community planning-resource conservation
  - Creating a master plan
  - Cooperative community planning
  - Economics of community planning

# Land Use Summary

- If land use and health problems are not documented and supported by data with compelling alternatives presented such as smart growth--It's business as usual.
- A healthy community as described by the Healthy People 2010 report is one that continuously creates and improves both its physical and social environments, helping people to support one another in aspects of daily life and to develop to their fullest potential. Healthy places are those designed and built to improve the quality of life for all people who live, work, worship, learn, and play within their borders--where every person is free to make choices amid a variety of healthy, available, accessible, and affordable options.

# More Information

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